

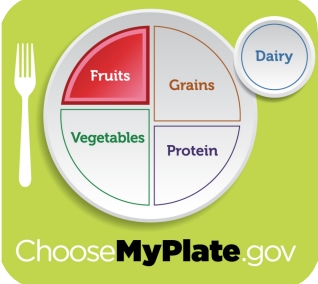
How to Eat Like a Gymnast!

Our bodies need fuel to exercise. When we don't have proper food or hydration our body cannot perform the work we want it to, and we won't be able to grow stronger. If you want to be the best gymnast you can be, you need to eat the right foods at the right time. Carbs are our fuel. Proteins are our building blocks to repair and grow

Carbohydrates: Our muscles primary energy source!

Protein: Our body's building blocks. We repair and build muscle using protein.

Fat: Long slow release source of calories. Takes longer to digest and convert to carbs

Before Practice	During practice	After Practice	Hydration
What: Primarily Carbs	What: Primarily Carbs	What: Carbs & Protein	
How much: ~ 350 calories	How much: ~ 100 calories	How much: 350+ calories	
Why: Just like you fill your car with gas before a road trip. You need to fuel your muscle before practice. Its no fun to struggle through practice exhausted.	Why: If your practice is longer than 2 hours you going to start running out of energy. A light snack with carbohydrates will do a lot to keep you moving.	Why: Eat something with carbs and protein as soon as you can after practice. This is especially important after a workout with hard conditioning. If you skip a snack your body will struggle to recover.	Drink water at school. To stay properly hydrated you need to drink before you are thirsty. If you wait until you feel thirsty, you might have already lost too much water to avoid dehydration. Drinking after practice helps with recovery and reducing soreness.
When: You should eat a good sized snack between 30 minutes to an hour before class. That way your body has time to turn the food into usable energy.	When: We take plenty of drink breaks in class. Usually the second break is long enough to eat a snack. (Don't Snack every break!)	When: Best within 15 - 30 minutes after practice.	 Choose MyPlate.gov
Examples: Good Carbohydrates like whole-grain bread, bananas, apples, yogurt, whole grain crackers, potatoes, oatmeal, trail mix, Fruit & protein snack packs	Examples: Snacks like 100 calorie granola bars, fruit, crackers, baked chips or sports drinks.	Examples: Carbs like wholegrain bread, oats rice and fruits. With proteins like peanut butter, lean meat, eggs, yogurt, cheese and various nuts, Protein Bars, Protein Shakes	
Foods to Avoid: Super sweet food: Donuts, ice cream, candy bars High Fat Food: French fries, kettle cooked chips, cheese burgers, anything fried in fat.	Foods to Avoid: Large meals, greasy foods, soda, candy.	Foods to avoid: Fatty meats like cheese burgers, salami and bologna. Also foods covered with sauces or lots of butter.	

If you want learn how to build balanced meals and plan a healthy diet for the rest of your week visit choosemyplate.gov

Good Snacks During Practice
Quick Carbs @ Halfway point of 2+ hour practice
Aim for around 100 calories

Fruit

Apple sauce

Yogurt

Yogurt Smoothie Drink

Energy Drink

Low fat Candy - Fruit Snacks, Skittles, Gummy Bear

Good Snacks 1-2 hours before practice & or immediately after
After practice prioritize protein within 20 Minutes of the workout

Mixed Nuts with fruit

Crackers & Cheese

Apple & Peanut butter

Fruit, cheese, nut combo from grocery store

Greek Yogurt

Protein Bar

Protein Shake

Chocolate Milk

Veggies & Dip or Veggies & Hummus

Pretzels

Cheese sticks / slices

Guide for Fueling a Gymnast

■ Pre-Workout (1–2 hours before training)

Age	What to Eat	Example Foods	Servings	Calories
8–10	Light meal (carbs + protein)	Toast with PB & banana, yogurt & granola	2–3 carbs, 1 protein	200–300
11–13	Balanced meal/snack	Turkey sandwich, fruit, water	3 carbs, 1–2 protein	250–350
14–16	Moderate meal	Oatmeal w/ berries + milk, smoothie	3–4 carbs, 2 protein	300–400
17–18	Full pre-training meal	Rice or pasta bowl, chicken, veggies	4 carbs, 2–3 protein	350–450

■ During Workout

Duration	What to Eat	Example Foods	Servings	Calories
Up to 1 hr	Hydration only	Water or electrolyte drink	—	0–50
1–2 hrs	Quick carbs	Fruit, applesauce, pretzels	1 carb	50–100
2–3 hrs	Add protein + carbs	Protein bar, chocolate milk	1 carb, 1 protein	100–150
3+ hrs	Full refuel	Sandwich, smoothie, trail mix	2–3 carbs, 1–2 protein	200–300

■ Post-Workout (within 30–60 minutes)

Age	What to Eat	Example Foods	Servings	Calories
8–10	Recovery snack	Chocolate milk, PB crackers	1 carb, 1 protein	150–200
11–13	Balanced mini-meal	Turkey wrap, yogurt	2 carbs, 1–2 protein	200–300
14–16	Meal or smoothie	Smoothie, chicken & rice	3 carbs, 2 protein	300–400
17–18	Full recovery meal	Rice bowl w/ veggies + protein	4 carbs, 2–3 protein	400–500

■ **Hydration Goals:** Before: 8–16 oz | During: 4–8 oz every 15–20 min | After: Until pale yellow

Fuel to Perform. Recover to Grow. Believe in Your Strength.
 Created by Coach Rainie Sinkus

Hourly Fueling Guide for Active Kids & Teens

Hours of Activity	What to Include	Examples	Servings	Calories
1 hr	Hydration + small carb	Fruit, granola bar	1 carb	100
2–3 hrs	Carbs + small protein	Half sandwich, trail mix, yogurt	2 carbs, 1 protein	150–250
4+ hrs	Balanced mini-meal	Wrap, smoothie, rice bowl	3–4 carbs, 2 protein	300–450

■ **Hydration Checklist:** Drink before, during, and after activity. Water first; electrolytes for longer sessions.

■ **Healthy Options:** Carbs: fruit, grains | Protein: yogurt, milk, eggs | Fats: nuts, avocado, olive oil

Fuel Smart. Stay Strong. Have Fun.